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MY TROUBLE WITH AMY

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OH RATS!

CITY GOES TO WAR AS RODENTS RAID DOWNTOWN PARK

metroNEWS

ISTOCK

The high cost of free parking

ROADS

Advocate says charging could get people onto transit, bikes

Luke Simcoe
Metro | Toronto

A Toronto lawyer and cycling advocate says it's time to kick free parking to the curb.

The Toronto Parking Authority is raising prices at about 50 of its Green P parking lots, but Albert Koehl says the city should go even further — charging for temporary parking on side streets as well.

Doing so would give people an incentive to take transit and "liberate" space for amenities like bike or HOV lanes and wider sidewalks, said the York University law professor and Bells on Bloor founder. Plus, it would bring in more money for the city.

The opportunity cost of free parking is substantial, Koehl said, citing research by Donald Shoup, an urban planning professor at the University of California. Shoup has estimated that in the U.S., free parking is between one and four per cent of national GDP.

Estimates have placed the number of on-street parking spots in Toronto at as high as 200,000, and only 19,000 have meters. According to parking authority figures, the average parking space generates $800 in annual revenue.

Toronto Parking Authority president Lorne Persiko told Metro he's not opposed to pay parking on side streets, but said parking should remain free or affordable for local residents.

> **When people pay for parking, they see the true cost of driving.**
> Albert Koehl

The authority examined meters on residential streets but found homeowners didn't want the machines on their lawns, Persiko said. However, new pay-by-phone technology has eliminated that hurdle. Either way, the authority can't add meters to side streets without a directive from city council, Persiko said.

metro NEWS
Your essential daily news

Prosecutors pursue Pistorius murder conviction. **World**

‘This is life or death’

HEALTH

Toddler losing arm to rare bacterium

Just three weeks after bopping to summer tunes on Canada Day, 13-month-old Ethan Faria was diagnosed with a bacterial infection that would see his legs amputated.

Ethan has been infected by Haemophilus influenzae Type B. The rare bacterium sent him into septic shock. Late last week, doctors at SickKids amputated both his legs from the knees down.

This coming Friday, in Ethan’s third surgery in two weeks, doctors will also remove his right arm.

“This is a parent’s worst nightmare. It’s inconceivable,” said Sara Gregory and Anita Evans, close friends of Ethan’s mother Rachel.

Gregory and Evans met Rachel through her older son, Jordan, now 17, when he developed friendships with their two sons way back in their daycare years.

There are several types of HI bacteria, causing symptoms from mild to severe, according to the Public Health Agency of Canada.

Ethan’s Type B is the most serious strand; babies and children under five are especially at risk of contracting the germ.

There is a vaccine for it which protects 95 per cent of children against serious Hib infections, a strand of Hi, according to the Ontario Ministry of Health and Long-Term Care.

Ethan’s mom, Rachel Faria, says her husband, Humberto, has been the family’s rock during this difficult time. CONTRIBUTED

A friend of Rachel Faria says Ethan had been vaccinated for the serious strand of bacteria causing his infection. The vaccine protects 95 per cent of children, according to the Ontario Ministry of Health and Long-Term Care. CONTRIBUTED

Ethan, Rachel’s friend said, had been vaccinated.

But on July 24, a day after Rachel noticed her son had a slight cough and fever, Ethan’s family doctor sent them to the emergency room after a worrisome chest X-ray.

Ethan’s lips began turning blue at North York General Hospital; he was immediately transferred to SickKids.

Soon afterward, Rachel and her husband, Humberto, received the devastating news, Evans said.

“They sat them down, and they said, ‘This is life or death. Your son might not make it.’ She said she almost fainted. They said, ‘You can go in and see him, but you won’t recognize him.’”

It’s something Evans can attest to.

“I went in to see him, and I wasn’t prepared for what I saw. His body was black, except for his torso, his face and where his diaper was. It looked like charcoal.”

That Ethan’s legs had to be amputated only from the knees down was a sliver of good news for the family Friday afternoon. His brain and heart are also free of the bacterium.

Friends of Ethan’s mom started a GoFundMe page last week to help pay for costs related to his condition. They are aiming to raise at least $50,000. CONTRIBUTED

> **“As a mother, Rachel’s holding on to the fact that he can have an amazing life. He could make so much difference in this life, not just with his body, but with his brain.** Sara Gregory

But it’s not much relief for the family. Rachel said Monday that Ethan had endured a hard day, and the worst was still to come.

“May he continue staying strong so we could bring him home in the near future,” she almost prayed.

She’s relying on Humberto, whom she calls the family’s rock during this difficult time. “He’s keeping strong when I’m weak and positive when I feel helpless.”

Gregory and Evans are trying to help, too.

They started a GoFundMe page last week to help pay for costs related to Ethan’s condition and changes the family will have to make to their lives once he is out of the hospital.

Taking care of Ethan will become a full-time job for Rachel, who works in administration.

The account has raised more than $35,000; Rachel’s friends are aiming for at least $50,000.

“As a mother, Rachel’s holding on to the fact that he can have an amazing life.

“He could make so much difference in this life, not just with his body but with his brain,” Gregory said.

And in active little Ethan, who can still manage a smile when he and his mother play peek-a-boo in the hospital, they’ve got a fighter, she said.

“He’s smart. He’s going to be a superman, undoubtedly.”

TORSTAR NEWS SERVICE

Joshua Roberto's family was told that he can no longer play basketball in front of their home after several bylaw complaints about noise. The family has been fined and told to remove the net completely. TORSTAR NEWS SERVICE

Former Raptors coach helps family

OSHAWA

$250 nuisance ticket issued over hoop

An Oshawa family facing a $250 fine over a front-yard basketball net is getting help from the head coach of Canada's men's national basketball team.

Jay Triano — a former head coach of the Raptors — reached out on Monday to the family of visually impaired 13-year-old Joshua Roberto.

He offered to pay the fine and invited them to watch the national team practice on Tuesday at the Air Canada Centre, where Toronto-born NBA stars such as Andrew Wiggins and Anthony Bennett will hit the court.

As the Star reported last week, Joshua's mom, Lisa Roberto, was given a $250 nuisance ticket on June 25 and asked to remove the basketball net permanently. The family has since appealed the ticket.

Joshua's sister, Amanda Maciocia, said her brother is "so excited" to watch the team practice.

"My mom's ecstatic to hear she doesn't have to pay the penalty," his sister said. "She's a single mom trying to do this all on her own."

> **It's a dream going to see my favourite team.** Joshua Roberto

The family first installed the basketball net in the spring after moving to Whistler Drive in Oshawa last fall. The first complaint from a neighbour came two weeks after they put the net up, and the family has had complaints "literally every day since," according to Maciocia.

Triano felt compelled to help the family after experiencing a similar scenario while growing up in Ontario.

"I remember as a kid, all I ever wanted to do was shoot the ball in the driveway and keep getting better, and the neighbours would complain," said Triano in a phone call with the Star.

"If I hadn't spent that time, I wouldn't have been able to play in the Olympic Games," added the two-time Olympian, who was born in Tillsonburg, raised in Niagara Falls and is currently the assistant coach for the Portland Trail Blazers. TORSTAR NEWS SERVICE

UNION STATION

Commuters left in food lurch after renovations

Luke Simcoe
Metro | Toronto

Union Station has become the city's latest food desert with the closure of its Bay concourse.

Eateries in the newly renovated York concourse on the opposite side of the station have yet to open, leaving hungry commuters in the lurch.

"We had certainly hoped to have the restaurants open on Day 1, but we didn't get the leases signed fast enough," said Metrolinx spokeswoman Anne Marie Aikins.

It will be another three to six months before food vendors open their doors on the York side, Aikins said. In the interim, passengers can find coffee at Balzac's in the Union-Pearson Express station or grab a bite to eat at the Front Street Food Market outside, Aikins recommended.

By the time the Front Street market closes at the end of September, Aikins said both Tim Hortons and Pilot Coffee Roasters will have opened pop-up kiosks in the new concourse.

McDonald's and Booster Juice are among the vendors already confirmed for the York concourse. A number of other eateries are expected to sign leases shortly, Aikins said, but she declined to give specifics.

"I've seen the list and it's exciting. There are some very familiar and popular companies," she said. "I think it's going to have a really good mix of local independent businesses and the bigger chains people like."

THE ASSOCIATED PRESS

When the Bay concourse closed, all the food it offered commuters went along with it. LIZ BEDDALL/METRO TORONTO

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WHO'S YOUR DADDY? WOOD BISON CALF CONCEIVED USING SPERM FROM 1980 One of these male calves born at the Toronto Zoo in July was conceived from 35-year-old sperm acquired from Elk Island, Alta., in 1980. The other is the zoo's first second-generation wood bison conceived by artificial insemination, the zoo said. HANDOUT/TORONTO ZOO

Fentanyl blamed for hundreds of deaths

HEALTH

Authorities say deadly drug is a growing threat in GTA

Tina Espey would have been 22 today, looking forward to the future, perhaps planning a family and working toward a career as a nurse or an orthodontist. But she barely got to see adulthood, her life tragically cut short by fentanyl.

Espey was just 19 when she took an accidental overdose of the painkiller that has been blamed for hundreds of deaths across the country.

"Honestly, it doesn't get better, or get easier," Espey's mother Sherri Dolk says. Her other children still struggle with the loss of their sister and her marriage is now over.

"It devastates your family, and shatters everything. Life as you know it is over, and you're all different people. It's hard," she says.

Dolk has been watching as a disturbing spate of deadly overdoses linked to fentanyl, a prescription painkiller that's up to 40 times more potent than heroin, has put police and health workers across the country on alert.

As someone who regularly talks to fentanyl users and families of those who have overdosed, she is disappointed with how abuse of the drug is being handled by the government.

Illicit use of fentanyl has been blamed for 655 deaths across Canada between 2009 and 2014, a figure that is likely an underestimate. Authorities are now worried about a potential increase in the number of fatalities in the GTA.

Toronto police issued a warning on Monday about the "devastating" impact of fentanyl getting into the wrong hands.

"If someone is knowingly buying fentanyl or wants to try fentanyl for the first time, thinking this is the greatest new drug out there, my message is: Don't do it," drug squad Insp. Howie Page said at a news conference. "This is a dangerous drug."

> **Don't do it. This is a dangerous drug.**
> Insp. Howie Page
> Drug Squad

Fentanyl is prescribed for chronic pain, usually in the form of a slow-release patch. The gel from the patch can be extracted, turned to powder, and mixed with heroin and other drugs, making it extremely easy to overdose.

A potentially lethal quantity of fentanyl — 20 patches — was stolen from a vehicle at Yonge St. and Finch Ave. on Tuesday night, prompting Toronto police to issue a warning to the public.

Halton police arrested two men, one of whom was taken to hospital for a suspected fentanyl overdose, on Wednesday in Oakville. Police found an unconscious man lying beside a vehicle, a container with a white powdery substance under the vehicle, and another man who had called 911. Both were charged with possession.

In Vancouver, 16 overdoses involving fentanyl were reported in a single day, with six of those in a matter of one hour.

Police are seeing "a lot of deaths in the Greater Toronto Area, up in the 905 and 705 regions of Ontario," says Page, but police are still working with the coroner's office to get concrete numbers for Toronto proper.

The powdered and pill forms of fentanyl are not in Toronto in commercial numbers yet, says Raffi Balian, project manager at the South Riverdale Community Health Centre.

"It's important that we — public, politicians, health care workers — don't panic, but also prepare ourselves in case they get here," he says.

Dolk says that Espey became addicted to OxyContin in high school and used it for about eight months until it was taken off shelves, at which point she switched over to fentanyl.

Dolk believes someone with a prescription sold patches to the dealer, who then sold the drug to her daughter. Espey would smoke it on tinfoil, she says.

Several police forces in Ontario support addressing the misuse of fentanyl through a Patch 4 Patch initiative, which requires that used fentanyl patches be returned to the pharmacy before new ones are handed out.

TORSTAR NEWS SERVICE

IN NUMBERS

655: Number of deaths in Canada, 2009-2014, where fentanyl was implicated.

1019: Drug poisoning deaths in Canada, 2009-2014 where post-mortem screenings showed the presence of fentany.

1.7: Fentanyl-implicated deaths increased by about 1.7 times, from 63 in 2009 to 111 in 2013.

SOURCE: CCENDU BULLETIN: DEATHS INVOLVING FENTANYL IN CANADA, 2009 - 2014

APOLOGY

Boy hits right note with the library

A young reader looking to atone for tearing a borrowed comic book has won over Toronto library staff — and many others online — with a handwritten apology note.

The note, addressed to "Library" and signed by "Jackson," explains in large blue writing that a page accidentally ripped after the book fell from the bunk where the child had fallen asleep reading.

The boy then writes that he's sorry and swears "it won't happen again."

Staff at the Main Street library branch found the note Friday, clipped to a returned copy of an Asterix comic book that had been repaired with tape.

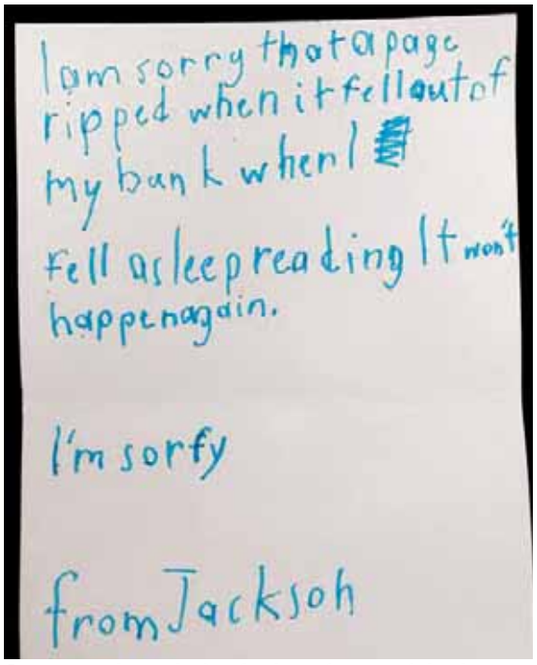
The Toronto Public Library posted a photo of the note to its Facebook page, where it garnered nearly 3,000 likes and was shared 400 times by Monday.

Dozens of people left comments on the post, praising Jackson for taking responsibility and declaring the note adorable.

Librarian Eila McLeish says staff thought the note was cute and will likely post it somewhere in the branch as a keepsake.

"We get ripped books all the time, so we were just like, 'Oh, that's so nice!' And to have it from the child, who obviously wrote it himself — we just thought it was really sweet."

THE CANADIAN PRESS



A young reader apologizes for damaging a comic book.
THE CANADIAN PRESS

Anna Yin, a computer programmer, first moved to Canada from China in 1999. TORSTAR NEWS SERVICE

Woman celebrates her city in poetry

ARTS

Newcomer named first poet laureate of Mississauga

When Anna Yin first moved to Canada from China in 1999, she thought she would improve her English by scrawling daily diary entries.

But in little time, the monotony started getting to her, and she found herself dabbling with writing short verses about the Mississauga community around her.

Suddenly, the computer programmer was flourishing into a poet.

Earlier this year, when Mississauga was scouring for its first poet laureate, Yin seemed an obvious choice.

"I was very happy," she said, of being selected for the role after librarians and others in the community prodded her to apply. "It's a good thing that will challenge me to do more for the locals."

In her role, she joins at least 14 other poet laureates in cities across the province who were appointed as part of promoting local arts and culture.

During her two-year appointment, she is required to produce at least three original works for specific events determined by the city. So far this year, she's written odes for Canada Day and the Parapan Am torch relay.

In the last year of her appointment, which nets her $5,000 annually, she will take on a mentorship, coaching young people on the values of art in the community. Plus, she will embark on a project inspiring writers to craft haikus based on images on a postcard.

"Right now, people seldom mail letters or postcards due to all kinds of reasons," she said.

Yin hopes to change that by making a poetry map of the city, based on the works the project produces.

In between it all, she said, she will stroll the picturesque trails behind her home and make many jaunts to Port Credit's lighthouse, looking to both to spark her imagination.

Some of her inspiration, she said, will come from her past.

"A lot of people in Mississauga are like me. We are newcomers," she said, referring to one of her poems, Root Carving, which speaks of being transplanted to a city with a very different culture than the one where she grew up.

"That is what Mississauga poetry is about."

TORSTAR NEWS SERVICE

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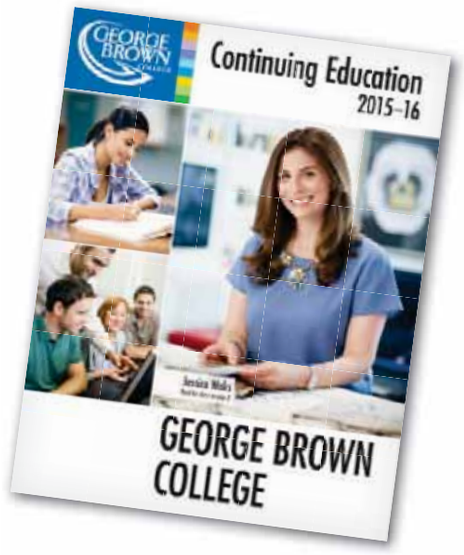

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An idyllic downtown setting or a haven for pesky rodents? LIZ BEDDALL/METRO

Park pest problem 'improving': City

INFESTATION

Resident questions extermination efforts

Luke Simcoe
Metro | Toronto

The City of Toronto is taking a "more aggressive" approach to dealing with a rat infestation in St. James Park. Hordes of the rodents have been seen scurrying through the park and burrowing into flowerbeds since June, said Jon Robson, whose condo overlooks the park.

"They've been seen before, but nothing like this," Robson said. "Everyone in the neighbourhood is talking about it."

He likes to spend summer evenings smoking cigars on one of the park's benches but said he's been avoiding the pastime because of the rats.

"I'm disturbed to be honest," he said.

Ray Stukas, manager of parks for Toronto and East York, said the city hired an exterminator after receiving a complaint in early July. The contractor's been visiting the park twice a week since then, and recently increased trapping efforts. Twenty rats were removed from the park last week alone, but the situation is improving, Stukas said.

"The exterminator was there last Thursday and didn't see any rats," he noted.

There's no clear sign of what caused the problem. But food left behind by park users could be a culprit, Stukas said.

Robson, meanwhile, questioned if the city's efforts were enough. "I was a bit distressed to learn the city's approach to the problem is sending out one guy who occasionally catches some rats," he said.

"I'm not sure pulling three or four of them out is going to accomplish much."

Although the city doesn't use poison to cull rats, Robson said the problem is so bad that some people appear to be taking matters into their own hands.

"Clearly someone else has been poisoning them," he said, claiming to have seen sick rats lurching around the park. "That makes me anxious for people and their pets. What if someone's dog catches a poisoned rat?"

Discarded food and other waste may be adding to the recent unwanted animal issues. LIZ BEDDALL/METRO

Rats such as these have been spotted recently in St. James Park. SANJAY KANOJIA/AFP/GETTY IMAGES

MORE INFO

Toronto vs. Rats

The city was unable to provide data on the number of rat complaints it receives.

But, aside from a swarm of rats seen fleeing construction at Union Station during the winter, Ray Stukas said this hasn't been a particularly bad year for the vermin.

"Some years we get more complaints than others, but it's really just anecdotal," he said.

Officer is hot on the heels of 'fake monk'

CRIME

People posing as Buddhists a global scam

Jessica Smith Cross
Metro | Toronto

A Toronto police officer is on the hunt for a "fake monk" he says assaulted a woman over the weekend.

Scott Mills was downtown on his way to the Blue Jays game on Saturday when he saw a man in an orange robe and Tilly-style hat approach a woman.

"He was trying to hand a gold card to a lady who wanted nothing to do with it, and he started grabbing her arms," Mills said. "So, I yelled at him to get away from her and out of the area.

"I took a picture of him, hoping he would move on, and he did. He got the hint; he knew I had his number," Mills said.

"Had I been working and not had my children with me, I would have arrested him for assault right there."

People posing as monks have been running scams in the U.S., Hong Kong and Australia, Mills said. Typically, they offer someone a gold blessing card, try to put a bracelet on their wrist and then ask for money, he said.

Some "fake monks" have been charged under the Safe Streets Act with aggressive panhandling, he said.

"It just bothers me to see people taking advantage of Buddhist monks and what they stand for," said Mills. "And I don't want the generosity of Torontonians compromised to a scam."

> **"No legitimate monks will ask you for money like that.**
> Const. Scott Mills

Const. Scott Mills snapped this photo Saturday of a man he says is posing as a religious figure. @GRAFFITIBMXCOP/TWITTER

PRE-ELECTION POLL

Chow leads Vaughan in Spadina-Fort York

A new poll by Forum Research gauging voter support in the hotly contested federal riding of Spadina-Fort York has the NDP's Olivia Chow with a commanding lead over Liberal Adam Vaughan.

A total of 345 voters in the reconfigured riding were surveyed, and among those decided or leaning toward voting for a candidate, 57 per cent chose Chow. The poll showed fewer than three in 10 picking Vaughan, the incumbent in the former Trinity-Spadina riding.

Conservative candidate Sabrina Zuniga drew 10 per cent support, while the Greens saw 4 per cent support. One per cent said they'd support "another party."

A total of 5.5 per cent said they were undecided.

Forum president Lorne Bozinoff cautioned against relying too heavily on the poll results, given the small sample size.

"While Chow's support looks insurmountable, it must be remembered this poll was taken among a relatively small sample of voters in the riding, and her strongest supporters are the youngest, who rarely vote," Bozinoff said in a statement.

The poll showed 83 per cent of 18- to 34-year-olds were decided for or leaning toward Chow and less than 1 per cent support in that age group for Vaughan.

In a statement, Chow declined to comment specifically on the results.

"I don't comment on polls because it's a long election and the polls will go up and down," she said.

Vaughan, in a telephone interview, pounced on the results and the sample size, saying, "I don't take a poll like that very seriously."

He said his campaign has its own internal polling that focuses on contacting residents in the riding who live in condominiums — 70 per cent of the riding, he said.

"Our polling shows we're in very good shape," Vaughan added.

The Forum poll, conducted Aug. 5-7, is based on an interactive voice response telephone survey of randomly selected Canadian adults in the riding.

The results are accurate, plus or minus 5 percentage points, 19 times out of 20.

TORSTAR NEW SERVICE

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Wynne takes swing at NDP

ELECTION 2015

Premier deems Mulcair's ideas unworkable, incomplete

Liberal Leader Justin Trudeau campaigns with Ontario Premier Kathleen Wynne during a stop in Toronto on Monday. In contrast to NDP Leader Thomas Mulcair, Wynne is optimistic about Trudeau's pledge to grow Canada's economy.
THE CANADIAN PRESS/DARREN CALABRESE

After weeks of battling Conservative Leader Stephen Harper, Kathleen Wynne took aim at front-running NDP Leader Thomas Mulcair in order to boost Liberal Leader Justin Trudeau.

Appearing with Trudeau at a packed and sweltering rally Monday night in Toronto's Regent Park, the Liberal premier said Mulcair, who leads in nearly every public-opinion poll, "talks a good game on child care and on increasing the minimum wage and abolishing the Senate."

"But when you look at what he's talking about, the ideas are either incomplete, or they're unworkable, or they're impossible," she told about 600 party stalwarts gathered at the Daniels Spectrum on Dundas Street East.

"He's all over the map; that's not a clear, workable plan," said Wynne, who was re-elected in the June 2014 Ontario vote with Trudeau's help and is now repaying the favour.

"I know where Justin Trudeau stands. He wants to grow the middle class, he wants to make sure that the wealthy pay their fair share, he wants to support the people who need it the most, and he is going to work with the provinces and the territories."

Visibly energized by the large and raucous crowd, Trudeau said Harper "has gone out of his way to attack Kathleen ... particularly on pensions; it's completely irresponsible."

In contrast to his Conservative rival, who has vowed to derail Wynne's Ontario Retirement Pension Plan that takes effect in 2017, the Liberal leader pledged to work with provincial and territorial premiers for the greater good of the federation.

"If the prime minister had been doing his job over the past 10 years to secure Canadians' retirement, to work with the provinces ... well, then, Kathleen wouldn't be doing his job on top of her job."

The premier's surprise partisan broadside at Mulcair came despite his being a former Quebec Liberal cabinet minister whose views on improving public pensions, funding transit, and curbing climate change are similar to hers.

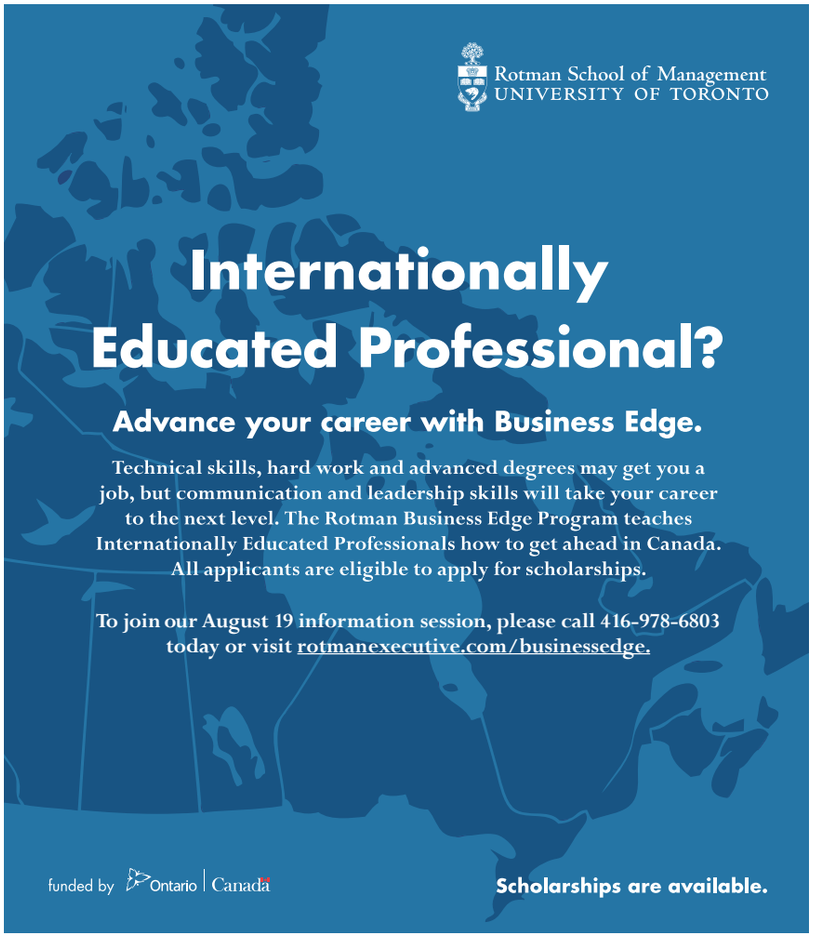
In an interview with Torstar News Service last month — before the writ was dropped — Wynne suggested she could work with Mulcair if he wins the Oct. 19 election.

"I need a federal partner," she said, lamenting Harper's unwillingness to work with Ontario, especially on pensions.

But Trudeau, who earlier in the day was in suburban Ajax touting tax cuts for the middle class and promising a tax-exempt monthly child benefit for parents, insisted Mulcair "certainly doesn't get it."

"He has no plan to grow the economy. He says he wants to help, but he hasn't demonstrated the willingness or the capacity to do this," he said.

TORSTAR NEWS SERVICE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CONTRACT

Catholic teachers keep up talks despite legal strike positioning

Premier Kathleen Wynne is more optimistic now than she was a few weeks ago about having a normal return to school this fall, but one teachers' union says it will be working-to-rule if there's no contract.

Ontario's 115,000 teachers are in legal strike positions after being without contracts for a year, and are warning they won't be doing all their normal duties without new agreements when classes resume Sept. 8.

115,000

The number of Ontario English Catholic teachers that remain in legal strike positions after being without contracts for a year.
THE CANADIAN PRESS

The Ontario English Catholic Teachers' Association says talks last week failed to reach a new deal, so its 50,000 members will not participate in any activities that fall outside of their contractual obligations.

Union president Ann Hawkins says the work-to-rule will start Aug. 20 when classes begin at Bishop Belleau Catholic School in Moosonee, and will expand to other schools when students return.

Earlier Monday, Wynne said she was hopeful about reaching new contracts because the four big teachers unions are either back at the bargaining table or have scheduled dates with school boards.

OECTA has four more days of negotiations scheduled starting later this week.

Wynne warns that it will be a "hard few weeks" of negotiating to reach new agreements with the teachers' unions before school resumes.

The Liberal government, fighting a deficit of $11.9 billion, has said there is no money for salary hikes for teachers or anyone else in the public sector, but the unions say workload, preparation time and class size are other issues that still need to be resolved.

Wynne made her comments at a Brampton high school, where she announced a $46,000 grant for a sports program for youth.

UP FOR DEBATE

Unions to hit bargaining tables in Toronto

Elementary Teachers' Federation of Ontario president Sam Hammond said that collective bargaining and negotiations will be discussed heavily as the organization's annual general meeting continues in Toronto.

"Make no mistake, we will defend quality public education in this province," he said during a speech at the first day of the meeting.

"We will defend our members, we will defend our collective agreements."

THE CANADIAN PRESS

More than 70,000 public high school students were out of school for weeks this spring because of strikes at the Peel, Durham and Sudbury school boards, eventually ended by the Ontario Labour Relations Board and back-to-work legislation. THE CANADIAN PRESS

Semantics at centre of Wright testimony

SENATE SCANDAL

'I don't feel it was a lie,' says former top aide

The definition of "lie" was tossed around during Sen. Mike Duffy's trial on Monday, all part of a scandal in which words are carefully chosen and their meanings parsed.

Nigel Wright, the prime minister's former chief of staff, was asked to explain to the court what he told his boss about a plan to have Duffy repay his Senate living expenses in 2013.

Duffy has pleaded not guilty to 31 charges of fraud, breach of trust and bribery in connection with his Senate claims.

The "scenario" co-ordinated between senior aides in Stephen Harper's office and Duffy was to have the senator publicly admit he made a mistake with his expenses and promise to repay them.

Nigel Wright, ex-chief of staff to PM Stephen Harper, arrives at the Ottawa Courthouse Monday to continue testifying in the trial of Sen. Mike Duffy, inset. FRED CHARTRAND/THE CANADIAN PRESS

Trouble is, Duffy was never going to repay the money himself, and several people around Harper knew that. Initially, in February 2013, the idea was to have the party cover the bill, as well as Duffy's legal expenses.

Wright has said he told Harper that Duffy would repay the expenses. In the end, it was Wright who would send Duffy a cheque for $90,000.

Bayne asked Wright why he lied to the prime minister.

"I don't feel it was a lie; I felt it wasn't on the list of things I needed to check with him," Wright responded. THE CANADIAN PRESS

ELECTION 2015

Dogged by trial, PM sticks to message

Questioned relentlessly at every campaign stop about the fallout from the Mike Duffy trial, Stephen Harper refused Monday to be knocked off his double-barrelled core campaign message: economy and security.

The Conservative leader stressed the latter at a stop in Fredericton, where he promised to add 6,000 people to bolster the ranks of the Canadian Forces reserves.

Harper said the measure will cost $163 million over three years and $63.4 million going forward once the overall target of 30,000 personnel is reached.

> **What Canadians do take away is that their prime minister has not been forthcoming with them.**
> Tom Mulcair

NDP Leader Tom Mulcair, however, kept the Duffy affair on the front burner, saying Harper misled Canadians about the repayment of the disgraced senator's questioned expenses.

"What Canadians do take away is that their prime minister has not been forthcoming with them, because he's been saying one thing and its opposite, and expecting people to believe both can be true strains credibility," Mulcair said at a stop in Niagara Falls.

But the prime minister stuck to his script — the two people to blame are Duffy and Nigel Wright, Harper's former chief of staff, the star witness at Duffy's trial and the man who personally paid the embattled senator's questioned expenses.

Harper — ignoring evidence that indicates a number of PMO staffers were aware of the arrangement — says Duffy and Wright were the two principal players and are the ones being held accountable.

"I do think that what's important for Canadians looking forward is going to be the two issues of this campaign: the economy of our country and our future prospects in the security of our country," Harper said. THE CANADIAN PRESS

ANIMALS

Saved by soldier, dog 'prisoner of a different war,' activist says

Sadie the herding dog survived the war in Afghanistan, only to be scooped up this summer by the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) near North Bay, Ont.

Sadie took a roundabout route to end up in her Canadian situation. She was originally rescued from an Afghan war zone by U.S. Navy Seal Patrick Feeks.

Feeks shipped her 11,690 kilometres to his home in Columbus, Mo., with the help of Puppy Rescue Mission, a group that helps members of the military.

Sadie is a Sage Koochee, a breed known to be gentle to its owners and suspicious of strangers.

When she didn't get along with the Feeks' family pet, Sadie was shipped another 1,440 kilometres at Feeks' expense to The Laika Fund for Street Dogs, run by Rebecca Ashworth and her husband Randy on a 12-acre farm outside North Bay.

Feeks' plan was to reunite with Sadie once his tour of duty was over, but he was killed in a helicopter crash on Aug. 17, 2012.

Sadie is a Sage Koochee, extremely loyal to its pack but suspicious of strangers. TORSTAR NEWS SERVICE

Sadie was beloved by Feeks and the other soldiers who saved her, Ashworth said in a prepared statement.

"She had adopted his unit and followed them on patrols of up to 10 miles," Ashworth said. "She warned them of intruders, showing them the loyalty she is full of."

Last month, Sadie made another trip after she was taken into custody by the Ontario Society for the Prevention of Cruelty to Animals.

Lynn Perrier of the animal welfare group Reform Advocates for Animal Welfare is crying abuse of power on the OSPCA's part after the organization seized Sadie and 70 other dogs. Perrier said there were no cleanup orders or charges for infractions given when the dogs were seized.

"They complied with all orders that the OSPCA has ever given them," Perrier said.

"The Ashworths had promised to care for this beautiful dog for the rest of her life," Perrier said.

"Sadie is now a prisoner of a different war," Perrier said. "She is in a cage at an undisclosed location being kept from the Ashworths." TORSTAR NEWS SERVICE

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Bomb kills over a dozen in Bangkok

Blast goes off during rush hour at shrine

A bomb exploded Monday within a central Bangkok shrine that is among the city's most-popular tourist spots, killing at least 18 people and injuring more than 100 across a hectic intersection surrounded by five-star hotels and upscale shopping malls.

With a powerful flash caught on security video and a boom heard blocks away, the blast from the improvised explosive device scattered body parts across Ratchaprasong intersection, spattered blood, blasted windows and burned motorbikes to the metal. It exploded during evening rush hour as the area was filled with tourists, office workers and shoppers.

Pim Niyomwan is an English instructor working on the eighth floor of the building right next to the shrine.

"The whole building just shook. My four students were hysterical," he said.

Video shortly after the blast depicts a scene of shock and desperation: people running for their lives and crying amid the debris. An emergency worker in an ambulance, frantically pounding the chest of a victim.

No one immediately claimed responsibility for the bombing.

"Those who have planted this bomb are cruel," said national police chief Somyot Poompummuang. "They aim to kill because everyone knows that at 7 p.m. the shrine is crowded with Thais and foreigners. Planting a bomb there means they want to see a lot of dead people."

At least 18 people were confirmed dead and 117 injured, according to the Narinthorn emergency medical rescue centre. The dead included Chinese and a Filipino, Somyot said.

Police said it was too soon to determine the motive.

THE ASSOCIATED PRESS

A man talks into a phone after an explosion rocked Thailand's capital city on Monday during the evening rush hour, killing a number of people and injuring others. THE ASSOCIATED PRESS

SOUTH AFRICA

Prosecutors appeal against Pistorius

Prosecutors pushing for a murder conviction against Oscar Pistorius filed papers at South Africa's Supreme Court of Appeal on Monday, four days before the Olympic runner is expected to be released from prison and moved to house arrest.

Court registrar Paul Myburgh confirmed the prosecution's papers had been filed. Lawyers for the double-amputee runner have until Sept. 17 to file their response ahead of a hearing in November.

Prosecutors want a panel of judges at the Supreme Court to overrule a decision by another judge to acquit Pistorius of murder for killing girlfriend Reeva Steenkamp in 2013. Pistorius was instead found guilty of culpable homicide, or manslaughter, for shooting Steenkamp through a toilet cubicle door in his home.

He was sentenced to five years in jail but is expected to be released from the Kgosi Mampuru II prison in the South African capital Pretoria on Friday after serving 10 months of that culpable-homicide sentence.

Because of his good behaviour, the 28-year-old Pistorius can be released on probation to serve the remainder under house arrest.

Prosecutors announced their intention to appeal Judge Thokozile Masipa's decision shortly after Pistorius' months-long trial last year.

They said Masipa made an error in interpreting the law when she cleared Pistorius of murder and found him guilty instead of an unintentional but still unlawful killing.

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Oscar Pistorius THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

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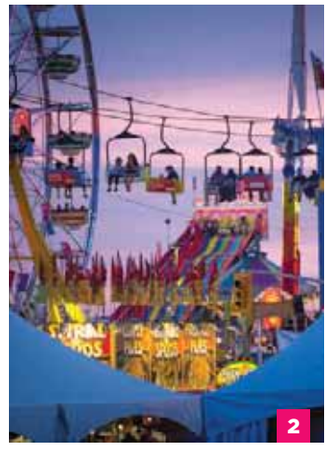

PAYING TRIBUTE 18 DIE IN BOMBINGS People attend a vigil Monday for government minister Shuja Khanzada, a Taliban opponent killed Sunday in suicide attacks, in Lahore, Pakistan. Police say the toll in the bombings has risen to 18.
K.M. CHAUDARY/THE ASSOCIATED PRESS

EASTERN UKRAINE

Despite ceasefire, heavy fighting kills 9

A night-long artillery exchange in eastern Ukraine between government troops and Russia-backed rebels claimed nine lives on Monday, casting doubt on the already shaky ceasefire.

The fighting between Russia-backed separatist rebels and Ukrainian government troops in the country's industrial heartland eased after a truce was signed in February. But despite pledges to withdraw heavy calibre weapons from the front lines, both sides seem to be engaged in recent heavy fighting.

The conflict has killed an estimated 6,400 people since April 2014, according to the United Nations.

The rebel mouthpiece Donetsk News Agency said artillery fire killed three people in a front line town of Horlivka and two in the rebel capital of Donetsk. Ukrainian officials reported two civilian deaths on their side, in a suburb of Mariupol on the Black Sea. The Ukrainian Security and Defence Council also reported two troops killed and six injured overnight.

The shelling on Monday came after failed talks between Ukraine, the rebels and the Organization for Security and Cooperation in Europe which were supposed to agree on further steps to withdraw weaponry.

President Vladimir Putin, who met representatives of various ethnic communities in the Russia-occupied Crimea on Monday, did not comment on the recent shelling. But he used the opportunity to claim that the current Ukrainian government is not free to make its own decisions because the country "is being managed from the outside."

Putin has alleged that Kyiv's decisions are heavily influenced by Western powers including the United States.
THE ASSOCIATED PRESS

Anti-terror bill prompts concerns

EGYPT

Some charges carry a death penalty

Egypt's president has approved a far-reaching anti-terrorism law that establishes stiffer prison sentences for terror-related offences, heavy fines for journalists who publish "false news" and a special judicial circuit for terrorism cases.

Authorities claim the measures will halt attacks by Islamic militants and stop the spread of their ideology, but the new restrictions have prompted concern from rights groups and even some Egyptian politicians and senior judges.

> **Now they can go after anyone.**
> Mohammed Zaree, rights advocate

The 54-article bill, signed into law Sunday night by President Abdel-Fattah el-Sissi, offers an extremely broad definition of terrorism, describing it as any act that disturbs public order with force. Some charges, such as leading or organizing a terrorist group, carry the death penalty.

The law also prescribes heavy prison sentences for a range of crimes, including promoting or encouraging any "terrorist offence" as well as damaging state institutions or infrastructure.

Egyptians lived under so-called "emergency laws" for decades that gave police sweeping powers, encouraging a culture of excess and brutality among security forces, something that partially inspired the 2011 uprising against longtime autocrat Hosni Mubarak.

The law was suspended after his overthrow.

Rights activists say the new anti-terrorism law is even more draconian than the emergency laws and note that police under el-Sissi have already begun to act with the impunity of the Mubarak days, torturing detainees and denying them basic medical services.

Mohammed Zaree, a program manager at the Cairo Institute for Human Rights Studies, described the new law as "a covert emergency law."

"Now they can go after anyone," he said.
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FOOD SAFETY

Throw out wings: Safeway

Safeway is recalling several varieties of store-packaged, cooked chicken wings over concerns they may be contaminated with a toxin-producing bacteria.

Various flavours of the Safeway wings are part of the recall, which includes package dates up to and including Aug. 14. The products were sold in Safeway stores in British Columbia, Alberta, Saskatchewan, Manitoba and Ontario.

The Canadian Food Inspection Agency says there have been no reported illnesses associated with consumption of the products. Anyone who has purchased the suspect wings should throw them out or return them to Safeway.

The food inspection agency says it is investigating.

Food containing the Staphylococcus bacteria may not look or smell spoiled, and the toxin produced is not easily destroyed at normal cooking temperatures.

Common symptoms of Staphylococcus poisoning include nausea, vomiting, abdominal cramping and fever. In severe cases,there may be headaches, muscle cramping and changes in blood pressure or pulse rate.

THE CANADIAN PRESS

market minute

DOLLAR 76.42¢ (+0.04¢)

TSX 14,251.53 (-26.35)

OIL $41.87 US (-63¢)

GOLD $1,118.40 US (+ $5.70)

NATURAL GAS: $2.728 US (-7.3¢)
DOW JONES: 17,545.18 (+67.78)

Greek government likely to face confidence vote

BAILOUT DEAL

About-face on austerity has angered party lawmakers

Greek Prime Minister Alexis Tsipras is likely to call a confidence vote in his government after the country's third bailout deal with international creditors sparked a rebellion within his party, one of his ministers indicated Monday.

Expectations of a confidence vote, which could lead to early elections, heightened after last Friday's parliamentary vote in favour of the 86-billion-euro ($93 billion US) three-year bailout passed thanks to opposition support. Dozens of lawmakers in Tsipras' Syriza party dissented.

Without the bailout, Greece faces defaulting on its debts and eventually being forced out of Europe's joint currency, the euro.

"I consider it self-evident, after the deep wounding of the parliamentary majority and in particular of the parliamentary group of Syriza, for there to be a move that at least approaches the issue," Energy and Environment Minister Panos Skourletis told Skai television when asked about the possibility of the government calling a confidence vote.

Skourletis added that early elections may also be necessary in light of the political instability.

The government has said its current priority is securing the bailout funding, which it needs by Thursday to meet a large debt repayment to the European Central Bank, and that any further decisions on the political situation will be taken from then on.

A man and a woman in Greece's northern port city of Thessaloniki walk in front of graffiti depicting euro coins. Last Friday, the nation's parliament voted in favour of a 86-billion-euro three-year debt arrangement. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

> **"I consider it self-evident, after the deep wounding of the parliamentary majority ... for there to be a move that at least approaches the issue.**
> Energy Minister Panos Skourletis

In order to secure the bailout deal, Tsipras reneged on the promises that saw his radical-left Syriza party win January elections. Syriza's coalition government with the small nationalist Independent Greeks was premised on a pledge to repeal austerity measures tied to Greece's two previous international bailouts.

Instead, after months of floundering negotiations with international creditors, the government accepted demands for steep tax hikes and deep spending cuts.

The about-face has angered an increasing number of Syriza lawmakers, including such prominent members as former ministers of finance Yanis Varoufakis and energy Panagiotis Lafazanis. Both voted against the government.

Last week, Lafazanis — who was replaced as minister in a reshuffle last month after opposing the government in a previous bailout-related vote — and another 12 left-wing politicians announced they were creating a new anti-austerity movement, although Lafazanis stopped short of quitting the party.

Despite his U-turn, Tsipras has remained popular and is believed to be well-placed to win a forthcoming election. Although no opinion polls have been published since the end of last week when Greece's third bailout was finalized, previous polls showed his party enjoying a wide lead over opposition parties.

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TRAVEL

Indian airline buys 250 jets from Airbus

Budget airline IndiGo, India's largest domestic carrier, finalized an exceptionally large order for 250 single-aisle Airbus A320neo jets on Monday to keep up with rapid growth in the country's air travel.

Airbus called it the biggest order by number of jets that it had ever received.

At list prices, the jets would cost $26 billion US, though customers usually negotiate discounts.

Several Asian low-cost carriers are building up fleets amid growing demand, and both Airbus and rival Boeing Co. have been wooing Indian airline companies.

India is expected to become the third-largest aviation market globally by 2020, with the number of airline passengers tripling to some 450 million trips per year, as an expanding middle class trades up from slow train journeys to taking planes.

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HEDGE FUNDS

Citigroup affiliates settle SEC charges

Two Citigroup Inc. affiliates have agreed to pay $179.5 million US to resolve U.S. federal regulators' charges of misleading investors in hedge funds that later collapsed.

The Securities and Exchange Commission (SEC) announced Monday the settlement with Citigroup Alternative Investments, a subsidiary of the bank, and Citigroup Global Markets, an affiliated company. The amount they're paying — $139.9 million US plus $39.6 million US in interest — will be returned to investors in two hedge funds managed by the firms.

The SEC said the firms sold securities in two hedge funds from 2002 to 2007, raising nearly $3 billion US from mostly wealthy investors or institutions. The agency says the fund managers falsely told prospective investors they were low-risk and similar to bonds.

The hedge funds collapsed in 2008 during the financial crisis.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Tuesday, August 18, 2015

metro's election explainer

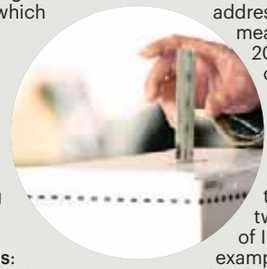
Fair Elections Act makes voting trickier for some. Here's how:

Last year, the Conservatives passed the Fair Elections Act. The most divisive aspect of the wide-ranging legislation, which came into effect in December, is its tightening of voter-ID requirements on election day.

The government's rationale was that the stricter rules would end "risky practices that are prone to errors and irregularities," but critics contend that the practical effect will be to disenfranchise marginalized populations — students, the elderly, homeless voters, indigenous peoples — who tend not to support the Tories.

The new rules

- **Vouching:** Voters with proper ID could formerly "vouch" for a fellow voter's identity. The new law ends that practice, citing 2011's Neufeld Report, which suggested there were "irregularities" in about a quarter of vouching cases. There appears to be no record, however, of fraudulent voting actually taking place.
- **Voter-info cards:** Voters were allowed on election day 2011 to present the info cards they received in the mail from Elections Canada as valid ID. The Fair Elections Act puts an end to that, too. Each voter is now required to provide identification that specifies both their name and their address, which means that the 20 per cent of Canadians who don't have drivers' licenses will likely need to present two pieces of ID — for example, a health card and a phone bill.



The potential impact

The lawyer who led a so-far-unsuccessful effort to secure an injunction against the act has said that former B.C. chief electoral officer Harry Neufeld (of the Neufeld Report) estimates 250,000 would-be voters will be unable to cast ballots this year, with many more having difficulties in doing so.

The leaders' reactions

Liberal Leader Justin Trudeau has said that, if elected, he'll repeal or "repair" the "terrible piece of legislation."

NDP Leader Tom Mulcair has said the Fair Elections Act makes it harder for "whole classes" of Canadians to vote.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

Transit needs funds, not decisions, from Ottawa

YOUR RIDE

Glyn Bowerman

Can we not do this?

Can we please not make this lengthy federal election about the Scarborough subway?

It was a key issue in the last, tedious mayoral race. Before that, it was the issue central to a hotly contested Scarborough byelection. This time around, can we please just change the channel?

NDP Leader Tom Mulcair really stepped in it last week when asked about the contested subway extension. He said he would not reverse decisions already made by other levels of government. Fair enough.

He then went on to say he would "make sure" the project went ahead. Big mistake.

With questions being raised about the logic — or lack thereof — behind the decision to scrap an LRT in Scarborough, and issues being raised around how to build both the subway extension and the express rail project SmartTrack so close to one another, city council will be back debating the future of Scarborough transit this fall, roughly around the time we will be choosing a new federal government.

But that doesn't mean federal leaders need to weigh in on the disputed project. In fact, I really wish they wouldn't.

Mulcair should have consulted with his recently announced star candidate for Spadina-Fort York, Olivia Chow, who spent the last municipal election as a mayoral candidate staunchly in favour of an LRT in Scarborough.

Chow told reporters what cities need from the federal government is stable, reliable funding. It's like she's done this before.

What I want from the next federal government, in term of transit, is an open wallet, frankly. With the TTC looking at increasing fares next year, I would love to see a substantial, annual, federal operating subsidy to keep those fares as low as possible.

Let the city and the province argue over details concerning what kind of transit technology to use where. What we need in the next prime minister is a true funding partner.

It is encouraging that all three of the major contenders have promised something in the way of reliable transit funding.

That's a great place to start, and I hope to see that discussion continue, all the way to election day.

What I want from the next federal government, in term of transit, is an open wallet, frankly.

But, when it comes to the dirty details, federal politicians could do us all a great favour by simply butting out.

There's enough controversy and confusion around this file already.

We really don't need yet another horde of vote-hungry candidates stirring up even more.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

metroview

We're going off the rails on a Schumer train

Liz Beddall
Metro | Toronto

I've done my share of celeb-blasting, but never have I been met with the kind of objection that I now hear when I talk about my bafflement surrounding the Amy Schumer phenomenon.

Even my most like-minded comedy aficionados seem scandalized when I tell them I interpret the success of the Schumer brand as akin to the proliferation of Facebook memes: obvious and simplistic snippets of humour that in the best-case scenario make you say "Ain't it the truth," but offer no takeaway value.

It's worth mentioning that I might have a little too much in common with "Amy," Schumer's profane and hyper-sexualized alter-ego whose exploits are documented in YouTube videos, standup specials and Trainwreck, her recent Judd Apatow-directed rom-com. I'm a 31-year-old Tinder regular, former binge drinker, Cheetos consumer, rampant sexter and tampon user.

And in the course of finding my footing as a female in the world, I have been known to self-consciously counteract the horrifying prospect of being unappealing to the opposite sex by portraying myself as aggressively promiscuous, emotionally unavailable and chaotically unladylike.

From the outside it reads as brave, but the root of it, at least on my end, comes from a defensive, dishonest place.

It's exactly because I relate so readily to "Amy" that I'm perplexed by audiences' positive responses to her. I see a female who is taking the safe path rather than the one less travelled, relying on stereotypically masculine behaviour for a reaction rather than broadcasting a unique, intelligent, stand-on-its-own sensibility.

If Amy and her fans want me to see a self-aware deconstruction of post-modern femininity, they're going to have to explain how that squares with the end of Trainwreck.

As with many films in the Apatow repertoire, the drug humour and penis commentary of the first act clunkily give way to a moral lesson worthy of Henry James. We find out that Amy does in fact want to be in love and have a family and that her wild-child bravado is futile self-delusion.

The glitches in the Schumer machine are showing here, but as I see it, they've been showing all along.

Much like a viral video that offers little more than a temporary chuckle, Schumer's body of work is destined to be relegated to the caboose of our comedic canon.

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PSYCHOLOGY

Scientists develop game to reduce anxiety

To help people focus in an increasingly distracting world, a research team came up with a surprisingly simple game that starts by reducing anxiety.

Such brain-training games exist in abundance, although the U.S.-based research team says no proof of their effectiveness exists.

Yet they managed to demonstrate that their own game — which involves identifying shapes — kept players focused and reduced their anxiety.

"Down the line we could roll out an online or mobile game based on this research that specifically targets distraction and helps people stay focused and feel less anxious," says lead author Jason Moser, an associate professor of clinical psychology at Michigan State University.

Springboarding off the idea that anxious individuals are easily distracted by objects that stand out from others like them, the research team's game almost ironically requires paying attention to such objects.

In the study, Moser and his team compared participating players of opposing anxiety levels as they performed a focus task.

Identifying a designated shape in a series of shapes that had one common aspect — such as colour, for example — seemed to increase their focus.

To test whether this was true, the research team tasked them with a distracting exercise in which shapes of different colours joined the sequence.

Players were not distracted by this exercise despite the fact that it was designed exactly for that purpose, according to Moser, who credits the focus task.

"There have been other studies of video game-type interventions for anxiety," says Moser, "but none have used a specific and simple game that targets distraction."

The study was published in the journal Behavior Therapy.

While the game has yet to become available on the commercial market, anxious individuals are commonly advised to meditate. Mounting evidence indicates the practice not only reduces anxiety, it sharpens the mind. AFP

Tetris blocks addiction: Study

RESEARCH

Game reduced drug, food and sex cravings in participants

Just three minutes of playing Tetris on a smartphone could abate cravings for drugs, cigarettes, alcohol, coffee, food, sex and even sleeping by as much as one fifth, according to a new study.

The same research team that did this study in a lab last year was able to replicate the results outside the lab this year. They published their findings in the international, peer-reviewed journal Addictive Behaviors.

"Playing Tetris decreased craving strength for drugs, food, and activities from 70 per cent to 56 per cent," says co-author Jackie Andrade of Plymouth University in the U.K.

"This is the first demonstration that cognitive interference can be used outside the lab to reduce cravings for substances and activities other than eating."

Working with 31 students between the ages of 18 and 27, the researchers surveyed the students' cravings, reminding them by text message seven times a day to report to the researchers any cravings and whether or not they actually gave into them.

Additionally, they encouraged the students to report any cravings they might feel between text prompts.

In all cases the students were asked to report what they were craving and just how much they wanted it on a scale between zero and 100.

Participants were asked to admit whether they had been drinking alcoholic beverages at the time of the reporting.

Among the participants, 15 of them had been asked to play Tetris using an iPod for three minutes after each text message prompt.

Cravings data from the other 16 participants was used as a baseline to find out just how much Tetris makes a difference.

Thirty per cent of the time, the students reported cravings, and two-thirds of these claims involved cravings for food and non-alcoholic beverages.

Substances classified as drugs such as coffee, cigarettes, wine and beer accounted for 21 per cent of the cravings reported.

Sixteen per cent of cravings were for sleeping, playing video games, socializing and sex.

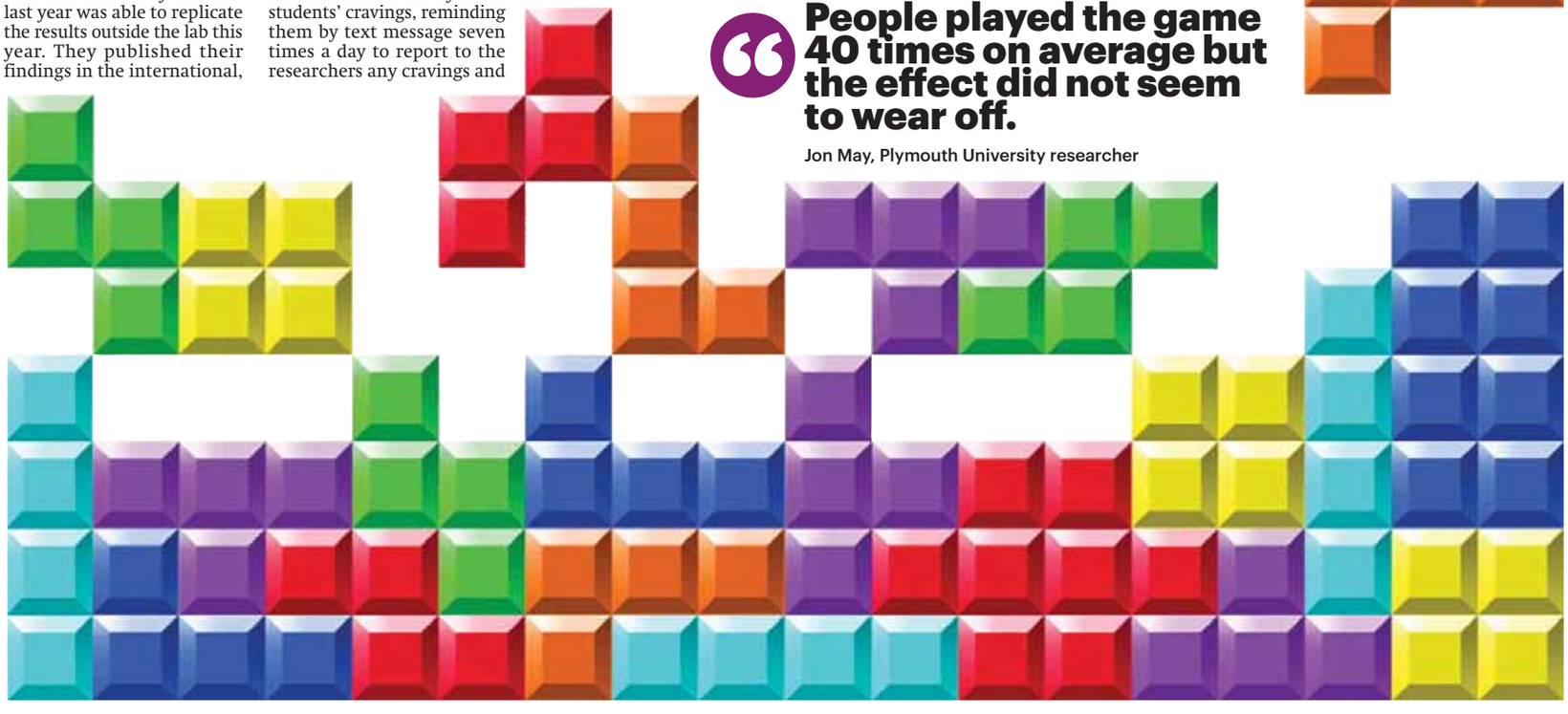
"The impact of Tetris on craving was consistent across the week and on all craving types," says co-author Jon May, also of Plymouth University.

"People played the game 40 times on average but the effect did not seem to wear off.

In fact, Tetris-playing students kept their cravings at bay throughout the seven-day experiment, according to the study.

"This finding is potentially important because an intervention that worked solely because it was novel and unusual would have diminishing benefits over time as participants became familiar with it," says May. AFP

> **"People played the game 40 times on average but the effect did not seem to wear off.**
>
> Jon May, Plymouth University researcher



WHO picks Toronto MD for global role

PREVENTATIVE MEDICINE

Doctor to guide women's cancer care in developing nations

A Canadian oncologist has been appointed by the World Health Organization to help create guidelines and programs to provide earlier diagnosis and treatment of cancers that are killing more women in developing countries each year.

Dr. Ophira Ginsburg, a clinician and researcher at Women's College Hospital in Toronto, takes on the new role in Geneva on Oct. 1.

Ginsburg said she's honoured to be chosen for the new post, especially since it's been her lifelong dream to work on programs that can improve the lives of women and girls around the world.

"I would like to play a part in guiding the World Health Organization, our partners and the countries that are asking for our advice to serve the needs of the hundreds of thousands of women who each year die unnecessarily of breast and cervical cancer," she said in an interview.

Much of her work will involve working with a team to help build cancer-control programs for women in low- and middle-income countries, who have an elevated risk of dying from breast or cervical cancer compared to women in developed countries.

"We are delighted to have one of our very own scientists take on this prestigious new position at the WHO," Dr. Paula Rochon, vice-president of research at Women's College, said in a statement.

"Dr. Ginsburg will be involved in an important initiative to help build policy and programming for women's cancers, an area that she has been passionately dedicated to through her research and advocacy work."

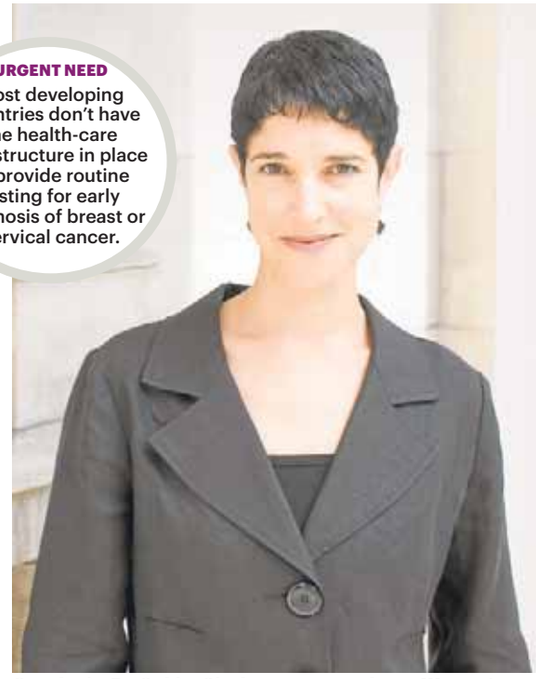
In low- and middle-income countries, breast cancer is a rapidly growing problem, said Ginsburg, primarily because women are increasingly adopting a westernized diet and sedentary lifestyle that promote obesity — a major risk factor for breast cancer.

Cases of cervical cancer — mostly caused by infection with human papillomavirus, or HPV — are also rife in these countries, where routine PAP screening to pick up precancerous lesions is often unavailable.

According to 2012 WHO statistics, breast and cervical cancer claimed the lives of almost 790,000 women worldwide, with the majority of deaths occurring in young women in low- and middle-income countries.

URGENT NEED

Most developing countries don't have the health-care infrastructure in place to provide routine testing for early diagnosis of breast or cervical cancer.



Oncologist Dr. Ophira Ginsburg, a researcher at Women's College Hospital, has been appointed to a major new post at the World Health Organization in Geneva. CONTRIBUTED

> **We are delighted to have one of our very own scientists take on this prestigious new position at the WHO.**
> Dr. Paula Rochon, VP of research at Women's College

Research has shown that extreme poverty, compounded by gender inequity, often limits a woman's ability to seek care.

In 2013, the WHO launched the Global Action Plan for the Prevention and Control of Noncommunicable Diseases, which aims to reduce premature death from cancer, cardiovascular disease, diabetes and chronic respiratory diseases by 25 per cent by 2025. More than 90 per cent of early deaths from these diseases occur in developing countries and are largely preventable.

Ginsburg, who has led breast-cancer research projects in Bangladesh, said she also hopes to partner with international agencies working on HIV-AIDS, a disease that has ravaged parts of Africa and South Asia and compromises the prognosis of women also infected with HPV.

"If you are HIV-positive and you are infected with HPV, you're much more likely to develop invasive cervical cancer and die from it," she said.

THE CANADIAN PRESS

WELLCOIN

New app pays you to get fit (and sleep!)

When you're trying to start an exercise routine, any incentive is helpful. How about getting paid to get off the sofa? Wellcoin, a new app (free; iOS and Android) created in Boston, bills itself as the world's first health currency, which aims to fatten your wallet while you're slimming down.

"Wellcoin was founded on the premise that rewarding people for easy-to-adopt, positive behaviours can help create lasting lifestyle changes," says Dr. Glenn Laffel, one of the founders of Wellcoin who's worked at Brigham & Women's Hospital in Boston.

The idea is that exercise isn't the only way to be healthy, and that each new better-for-you habit is a step to wellness that will ramp up as you us the app.

"Wellcoin invokes a broad, welcoming, inclusive view of health and wellness," adds Laffel. "We recognize that everyone makes many healthy choices every day. We meet folks where they are today, and help them step forward to create new healthy habits for themselves."

How it works: Do something good. Tell Wellcoin. Profit! If you already use a fitness tracker like FitBit, that data can be used to verify your exercise claims (yes, there's built-in accountability) so you get more points than just by claiming you took the stairs instead of the elevator. The app integrates with more than 200 others that track exercise, nutrition and more to keep you earning Wellcoins.

Beyond exercise: It's not just working out that gets rewarded. There are hundreds of activities that earn Wellcoins, good habits from getting enough sleep (at least seven hours per night) to preventive checkups (even vet visits for your pets). Ditched your daily Diet Coke for a water with lemon? That counts!

Activities are worth between 1 and 180 Wellcoins, which are awarded based on several factors, including a time element that works both now (how long you spent doing the activity) and later (what is its impact on your health in the long term).

What can you get: The app has partnered with more than 65 businesses, including Reebok, Whole Foods and Pure Barre to reward its members for completing healthy activities. Wellcoins can be used through the app's marketplace for everything from gear (the Puma Pulse XT Geo Women's Training Shoes for 20,000 Wellcoins) to discounts ($10 off at Dick's Sporting Goods, 2,000 Wellcoins) and more.

Why it works: The benefits of a healthier lifestyle can take a long time to appear, or produce intangible results — does the prospect of a daily green juice have you dancing to the groove of the blender? Probably not. Wellcoin provides immediate rewards, not just through the free wellness swag but also a community of supporters all making the same small changes and cheering each other on.

EVA KIS/METRO IN NEW YORK

Sprout Pharmaceuticals has created a pill it says can boost women's libido. ALLEN G. BREED/THE ASSOCIATED PRESS FILE

ETHICS AND MARKETING

In March 2010, the FDA sent Slate an 11-page warning letter, and in a rare step, the FDA held a teleconference with the company to outline its "serious concerns."

PHARMACEUTICALS

Female Viagra could win FDA approval

A small drugmaker from North Carolina may succeed next week where many of the world's largest pharmaceutical companies have failed: in winning approval for the first drug to boost women's sexual desire.

The husband-and-wife team that founded Sprout Pharmaceuticals is not new to the pharmaceutical business or even to marketing drugs to people frustrated with their sex lives. The couple's previous company, Slate Pharmaceuticals, sold an implantable testosterone pellet to men with low levels of the hormone.

But Slate's marketing push ran afoul of federal rules, making misleading, unsupported statements about the benefits of testosterone therapy while downplaying risks. In fact, when the Food and Drug Administration held a meeting examining the overprescribing of testosterone last year, it played Slate's commercial as an example of inappropriate marketing.

That record worries Sprout's critics, who see a troubling pattern in the aggressive tactics it has used to urge the FDA to approve the women's desire drug, which was previously rejected twice because of lacklustre effectiveness and side effects such as nausea, dizziness and fainting.

The search for a pill to increase women's libido has been something of a holy grail for the pharmaceutical industry since the blockbuster success of Viagra for men in the late 1990s. Pfizer, Bayer and Procter & Gamble all studied — then abandoned — potential treatments for female sexual desire disorder.

Sprout "already has a history of unethical marketing," said Dr. Adriane Fugh-Berman of Georgetown University. "If approved, I think this drug will be widely prescribed, and we would see an epidemic of adverse effects."

After a year of lobbying by Sprout-backed supporters, the drug won a surprising 18-6 recommendation from a panel of FDA advisers in June. The FDA is scheduled to make its decision on the drug by Tuesday.

THE ASSOCIATED PRESS

Queen of kawaii eyes global domination

KYARY PAMYU PAMYU

J-pop star wants to bring 'Japan's unique cuteness' to the world

The queen of Japan's sugar-coated pop scene, Kyary Pamyu Pamyu has unveiled bold plans to conquer the world — just as soon as she's done her English homework.

Still only 22, Kyary's rise to superstardom has been meteoric, a coquettish charm and off-kilter pop appeal spawning a string of number-ones and viral videos and thrusting her firmly to the forefront of Japanese "kawaii" (cute) culture.

Despite extraordinary fame in her home country and frequent comparisons to American stars Katy Perry and Lady Gaga, the popette wants to capture hearts and minds further afield.

"I'm happy for people to liken me to Katy Perry or Lady Gaga so I'm working hard to emulate them and become a global star," Kyary told AFP in a backstage interview before performing at the Summer Sonic music festival outside Tokyo this weekend.

"I admire Katy Perry and always looked up to her," added the singer and fashion model, perched on a sofa backstage in a fluffy pink skirt with a giant yellow bow crowning her strawberry blonde locks.

"I don't have Katy's sexy style so I'm focusing on introducing Japan's unique cuteness and quirky music to the world."

Kyary's bubblegum fashion carefully mirrors the kawaii craze sparked in the colourful boutiques of Tokyo's trendy Shibuya and Harajuku districts.

ADORABLE, SUCCESSFUL

Kyary's techno-pop went down well with a sun-baked Summer Sonic crowd waiting for headliners the Chemical Brothers.

Popular all over Asia, the almost cartoon-like trend reflecting the quality of looking and acting cute has also been flirted with by some Western stars — including Gaga and Perry.

"We are similar in having a clearly defined concept or theme for our videos or live shows," Kyary said, referring to Perry. "But I know I've got to improve my English. My new song's about Halloween and has an English chorus, but my pronunciation isn't very good.

"I just hope people think it's cute."

Another English song, Ring a Bell, features the helium-voiced singer demanding over and over, and over: "ring, ring, ring a bell, ring a bell, ring-a-ring a bell." In the smash hit PonPonPon she reports: "Everyday 'pon,' everytime is 'pon,' I want to ride a merry-go-round!" she reports, and in the video — viewed more than 83 million times on YouTube — Kyary flutters her eyelashes and pats herself on the backside as she slips into a dizzying array of wacky costumes.

Kyary, who released her debut album in 2011 is fiercely determined to conquer the North American and European markets, with two world tours — including sold-out shows in Los Angeles and New York — under her belt already.

"Japanese people are usually shy so they sort of just clap along," she said. "But fans abroad scream 'Kyary, Kyary!' They really get into it."

Getting up from the sofa, she added: "I'm first on stage in the morning, so the crowd will be half-asleep. I'll have to open their eyes!"

AFP

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0615

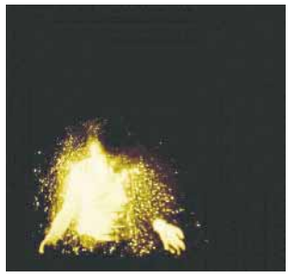
Indie summer listening

Too busy to keep up with this year's indie releases? Now that the summer heat has slowed you down, we're got five albums that'll keep you cool whether beachfront, poolside or on a road trip. AFP

Wolf Alice My Love is Cool

This debut album was one of the year's most-anticipated for indie fans, many of whom had become well-acquainted with the North London alternative rock band through touring and EPs.

Released in June, the debut spotlights singer Ellie Rowsell on an album of youthful rock 'n' roll.



Sufjan Stevens Carrie & Lowell

The U.S. singer-songwriter-instrumentalist always gets the indie world chatting when he releases new music, and his latest, the March album Carrie & Lowell, did just that and also drew praise as one of his best.

The intimate album sees him return to his folk roots.

Belle and Sebastian Girls in Peacetime Want to Dance

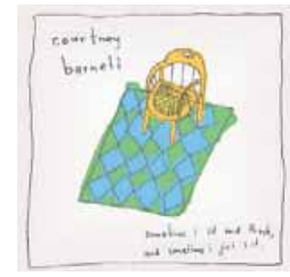
The Scottish indie pop band released its latest album early this year — five years after its previous LP. A greater focus on pop characterizes this latest, which ventures into nu-disco for an album that seems to have the dance floor in mind.

Father John Misty I Love You, Honeybear

American folk musician Josh Tillman, previously of Fleet Foxes, released his second album under his moniker Father John Misty in February. The album's songs are at once plaintive, cynical and ironic and see Tillman delve into his own personal life and relationships.

Courtney Barnett Sometimes I Sit and Think, Sometimes I Just Sit

After building buzz via live shows and two EPs, the Australian singer-songwriter released her debut album in March to critical acclaim. With lyrics and music that is a clear nod to 1990s grunge, she recounts rather ordinary tales of daily life.



FM RADIO

Tune in on your smartphone

SOUND CHECK
Alan Cross

Your smartphone contains four radio devices. The first deals with cellular data; the second allows you to connect to Wi-Fi; the third handles Bluetooth; and the fourth lets you listen to FM radio.

Wait. What?

That's right. Many millions of smartphones — including virtually every iPhone and all of Samsung's Galaxy phones — come with an FM chip installed at the factory. It's just that most manufacturers have never turned the chip on. But that's starting to change.

AT&T recently announced that they're going to join Sprint in firing up the chips in Android phones on their networks as part of a deal with NextRadio, an initiative being pushed with great gusto by Emmis, the second-largest radio broadcast group in the U.S.

Before you write this off as a mere FM tuner in your phone like you may have seen in older MP3 players (Microsoft's Zune had one of these), SmartRadio is much different. And it's also different from the kinds of apps you might have downloaded for your favourite radio stations.

Your iPhone contains an FM chip that, once active, could unleash free radio. GETTY IMAGES

This app combines over-the-air FM broadcasts with an Internet connection to create a very interactive listening experience. Users can view artist details, album art, information about songs, share favourite songs on Facebook and Twitter and interact with the station itself. And it looks fantastic.

The best part? You can listen to this programming without blowing through your data caps. After all, you're not listening to an Internet stream. Only the interface consumes data — and it sips rather than gorges. Plus battery life is extended.

This, of course, is why a lot of telcos aren't keen on activating the FM chip. If people can listen to music for free, subscribers won't use as much data and, of course, no one wants to jeopardize a revenue stream.

But broadcaster groups will not let up in their lobbying. The industry desperately wants the FM chip activated so that old-school radio will be in a device that's been robbing it of listeners. They also point out that in the event of an emergency — let's say a power grid problem that interferes with mobile phone networks — the FM chip could turn out to be of incalculable value.

At the moment, NextRadio is only available on Android phones, but the iPhone contains the Murata 339S0228 chip that's just waiting to be turned on, providing local alternatives to Beats 1.

What are the chances of that happening? Yeah, I thought so.

IN BRIEF

Nickelback cancels tour

Nickelback's No Fixed Address world tour has been scrubbed entirely.

Representatives for the Alberta rockers say all remaining tour dates have been cancelled due to an extended period of vocal rest ordered for lead singer Chad Kroeger.

Nickelback cancelled the second leg of the tour in June when doctors first diagnosed Kroeger with a cyst on his vocal cords.

He recently underwent surgery and the group was scheduled to resume the European leg of the tour in September. But doctors now say Kroeger needs to remain on vocal rest for the next six to eight months in order to heal completely.

Organizers say ticket refunds will be available at the point of purchase.

THE CANADIAN PRESS

Seeking musical talent

Music hitmaker David Foster said Monday he's always on the lookout for fresh talent, and Asia seems to have a lot of it.

Foster told The Associated Press in an interview that Filipinos have an edge because they grow up on karaoke and American music, and from there formulate their own sound. The record producer and composer of hit songs said Asians are figuring out how to dominate the world with their music, with K-pop in South Korea well on its way to doing so.

THE ASSOCIATED PRESS

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IN BRIEF

Morgan to host SNL

Tracy Morgan is coming to Saturday Night Live as guest host on Oct. 17.

His appearance also promises to be a coming-out party for the former SNL cast member and star of 30 Rock, who has been recuperating from injuries he suffered in a June 2014 crash that also killed a fellow comedian when their limousine was hit by a Wal-Mart truck on the New Jersey Turnpike.

NBC also announced that on Oct. 3, Miley Cyrus will return as host for a third time to kick off the 41st SNL season. On Oct. 10, Amy Schumer will make her debut. THE ASSOCIATED PRESS

Broken hearts club

Ever since ex-One Directioner Zayn Malik ended his engagement with Little Mix's Perrie Edwards via a text message three weeks ago, she's been getting a lot of support from her friends and fans.

But she recently she received a phone call from someone she didn't expect: Harry Styles. But Styles wasn't moving in on Malik's girl — come on, now — he was calling to check on Edwards to make sure she was doing OK.

A source tells the Daily Star that Styles really understands what it's like to have a broken heart because his girlfriend dumped him when he was 14.

While an eighth-grade breakup isn't quite the same as ending an engagement, we're loving that Styles breaks the bros-first rule to check up on Edwards. What a guy!

EMILY LAURENCE

Ball control

ROMANCE

Rihanna shows offence is the best defence in dating game

#shesnotthatintoyou #shesnotthatintoyouatall #shesneverevenmetoyou #defamationofcharacter

Rihanna

Emily Laurence
Metro | New York City

Off the court, Memphis Grizzlies player Matt Barnes has no game. Barnes has been using social media to try to woo Rihanna, but she is not feeling it.

After Barnes Instagrammed his crush on the pop star and said on video to TMZ that hooking up with Rihanna was a "real possibility," Rihanna Instagrammed a screenshot of the video captioning it "#bishwhere #thedevilisaliar #shesnotthatintoyou #shesnotintoyouatall #shesneverevenmetoyou #thisactuallyhurtmyfeelings #defamationofcharacter."

Barnes commented on the photo saying, "Hahaaa wow."

A seven-hashtag rejection?

Wow is right.

JOHNNY DEPP PERFORMS AT BENEFIT CONCERT Johnny Depp stepped onto a small stage inside the Lucky Strike bowling alley, strapped on a guitar and started playing. Then Gene Simmons joined in. The superstar pairing capped off a fundraising concert for MendingKids.org, an organization that provides corrective surgeries for children worldwide. The event also featured a surprise reunion of rock group Extreme for a performance of their 1991 classic More Than Words. ALL PHOTOS GETTY IMAGES

SEX TAPE

Jenner-ous offer?

Kylie Jenner certainly doesn't shy away from flaunting her bod on Instagram, but would she ever consider doing porn?

Vivid Entertainment seems to think so. TMZ reports that the porn film company sent Jenner a letter promising her $10 million in exchange for a sex tape of her and boyfriend Tyga.

"Kim's sex tape helped launch her career and (this) would be nothing but positive for you," the offer letter reportedly says.

Apparently, the porn industry has been counting down the days for Jenner to turn 18 and she's gotten multiple million-dollar-plus deals.

This is the world we live in, people.

EMILY LAURENCE

BLACK LIVES MATTER

Today Show silences message

"We will not be silenced," Janelle Monae told everyone watching her on the Today Show, right before she was silenced.

The singer performed her song, Hell You Talmbout, which is a tribute to victims of racial violence and then started to give a speech on police brutality and racism, but the show cut her off before she finished what she wanted to say.

Here's what she was able to get in: "God bless America! God bless all the lost lives to police brutality.

"We want white America to know that we stand tall today. We want black America to know we stand tall today."

EMILY LAURENCE

"We want white America to know that we stand tall today. We want black America to know we stand tall today."

Janelle Monae

metro SPORTS
Your essential daily news

Terry Francona will accompany longtime friend John Farrell to his first treatment for lymphoma

CIS BASKETBALL

Rana takes leave from Ryerson

One of the most recognizable names in Canadian basketball is taking a step back.

Roy Rana, who has built the Ryerson program into a national power and who has become a highly respected coach internationally, is taking a sabbatical from his Rams duties, the school announced Monday.

Rana, who doubles as the head coach of Canada's junior national team, will continue "his professional development by working with professional teams and basketball organizations around the world," the school said.

Roy Rana TORSTAR NEWS SERVICE FILE

Rana's lead Ryerson assistant, Patrick Tatham, will assume the head coaching duties for at least the 2015-16 season, which begins in early November.

Since taking over the Ryerson job in 2009, Rana has helped the Rams become nationally prominent, culminating in a bronze medal at the 2015 CIS championship. TORSTAR NEWS SERVICE

IN BRIEF

National women's B-ball team planning for Rio

Having secured a berth in the Rio Olympics affords Canada Basketball the opportunity to map out a year-long plan for the women's team to mount the medal podium and they're already thinking about the possibilities.

"We can prepare for exactly when we need to peak," head coach Lisa Thomaidis said on a conference call Monday, a day after Canada sewed up its Olympic spot by winning the FIBA Americas women's championship.

Canada can set its exhibition games well in advance, take the opportunity to play good teams that have yet to qualify and use them to gauge their progress.

TORSTAR NEWS SERVICE

Tulo in a curious spot

BLUE JAYS

All-star in a slump as leadoff hitter for new team

As dazzling as he can be on the field, Troy Tulowitzki betrays little emotion off it. In fact, the Blue Jays' new star shortstop has a baseball cyborg quality about him. Efficient and banal. So when the topic of his current slump is broached, he is neither defensive nor particularly forthcoming.

"I mean, it's baseball," he said. "You're going to go through stretches when you're not swinging the bat particularly well. It's one of those things you just keep on working, showing up to work every day and putting in the work and hoping that pays off."

If you hadn't noticed, that's three variations of "work" in one sentence. The work is what Tulowitzki seems to love more than the game itself. He said as much at his introductory press conference three weeks ago ("As soon as the game's over it's not time to celebrate," he said then. "It's time to look forward to the next game.")

As Sunday's questions persisted beyond a minute or two, his answers became more curt and clipped, a clear sign he was growing impatient. Like when he was asked how he feels hitting in the leadoff spot, something he had never done in his career before joining the Jays, he says: "It's good. I enjoy it."

His eyes searched for the next question, while his clenched expression suggested he wasn't being entirely truthful.

Troy Tulowitzki has suggested that he's been robbed of hits by solid defensive plays. RICK MADONIK/TORSTAR NEWS SERVICE

But who could blame him for being less than thrilled with his unfamiliar spot in the batting order? He is still searching for his first hit when leading off a game. In 16 tries, Tulowitzki has reached base all of three times on a pair of walks and one hit-by-pitch.

Aside from his stellar debut on July 29 — when he homered and added a pair of doubles — Tulowitzki hasn't hit much at all since arriving in Toronto a few days before the July 31 trade deadline. Since Aug. 1, he's hitting just .180, and if you remove Sunday's sun-aided double, he has just two extra-base hits this month, both homers. He has struck out 16 times in 75 plate appearances since joining the Jays and his strikeout rate for the season is higher than it has been at any point in his career.

.219

Tulowitzki's batting average (14-for-64) since joining the Blue Jays on July 29

Make no mistake, Tulowitzki is still putting together decent at-bats. He is drawing walks at a fair clip and has reached base one out of every three trips to the plate since the trade. He may not have been rewarded for his efforts on Friday night, but his epic, 12-pitch duel with Yankees closer Andrew Miller to end the game was a master class in how to battle a tough pitcher. So he hasn't looked out of place or overmatched by any means. And his batting average on balls in play this month is a paltry .200 — nearly 100 points below the league average — which suggests he has been at least partly a victim of bad luck. "There's some hits out there I haven't got because there's some good defence," he suggested Sunday.

Tulowitzki's lengthy track record — an .882 on-base percentage plus slugging percentage over the last decade — suggests he won't slump for long. Jays fans are hoping he breaks out sooner rather than later.

TORSTAR NEWS SERVICE

VIDEO

CC P.O.'ed in T.O.: Shouting match was a 'bad decision'

Yankees pitcher CC Sabathia says he "flipped out" and made a "bad decision" for getting involved in a shouting match outside a Toronto nightclub over the weekend.

TMZ posted video Monday showing Sabathia hollering in a crowd of people early Saturday.

Sabathia's scheduled start at Yankee Stadium on Monday night against Minnesota was pushed back a day, with Bryan Mitchell pitching in his place. Manager Joe Girardi said AL East-leading New York had already planned to alter their rotation before he became aware of the incident and that it had "nothing" to do with switch.

Police were called to the scene, but the 35-year-old Sabathia was pushed into a taxi by some friends and family and wasn't detained.

THE ASSOCIATED PRESS

Hutchison demoted to triple-A

The Blue Jays have sent right-hander Drew Hutchison to triple-A Buffalo a day after he pitched Toronto to a win over the rival New York Yankees.

Hutchison pitched 6-2/3 strong innings at Rogers Centre on Sunday in Toronto's 3-1 victory that avoided a three-game Yankees sweep.

Hutchison is 12-2 in 24 starts this season, but has been inconsistent, especially on the road, and has a 5.06 earned-run average.

9.00

Hutchison's ERA on the road in 11 starts this season. At home he boasts an ERA of 2.57.

The move comes as Toronto looks to shorten its starting rotation in preparation for a run at the American League East title. The Jays entered Monday a half-game back of the Yankees for the division lead.

Toronto also recalled infielder Matt Hague from Buffalo to replace recently demoted reliever Aaron Loup.

Hague leads the International League with a .348 batting average, 83 runs batted in, a .427 on-base percentage and 161 hits.

The Jays said a roster move to fill Hutchison's spot on the roster will be made Tuesday.

THE CANADIAN PRESS

Manager John Gibbons, left, pulls Drew Hutchison from Sunday's game against the Yankees. Hutchison earned his 12th win of the season on the day. CARLOS OSORIO/TORSTAR NEWS SERVICE

IN BRIEF

Flyer centre Briere announces retirement

Danny Briere, the undersized centre who went on to become an NHL All-Star and keyed the Philadelphia Flyers' run to the 2010 Stanley Cup Finals, has retired.

Briere ended a 17-year career on Monday that saw him play for the Phoenix Coyotes, Buffalo Sabres, Flyers, Montreal Canadiens and Colorado Avalanche. Briere spent the bulk of his career with the Sabres and Flyers and earned All-Star nods playing for both.

Generously listed at five-foot-nine, Briere was MVP of the 2006 All-Star game, the same year he helped lead the Sabres to the Eastern Conference finals.

Briere shone in 2010 when he set a Flyers record with 30 points (12 goals) in 23 playoff games.

THE ASSOCIATED PRESS

Anaheim Ducks sign Santorelli on one-year deal

Veteran centre Mike Santorelli has agreed to a one-year, $875,000 deal with the Anaheim Ducks.

The Ducks announced the deal Monday.

Santorelli had 12 goals and 21 assists last season while splitting time between Toronto and Nashville, which reacquired him in a multiplayer trade in February. He also made his first NHL playoff appearances last spring with the Predators, who drafted him in 2004.

The Ducks are the sixth NHL team for the 29-year-old Santorelli, who also has played for Vancouver, Winnipeg and Florida. He should help out down the middle on the Ducks' depth lines while Nate Thompson is sidelined early in the season. THE ASSOCIATED PRESS

Hall, McDavid fast friends

NHL

Top pick of 2010, '15 drafts skate together for first time

Connor McDavid is coming off a post-season campaign in which he posted 21 goals and 28 assists in 20 games with the OHL's Erie Otters. JASON FRANSON/THE CANADIAN PRESS

Connor McDavid is finally playing with his Edmonton Oilers teammates — well, two of them.

The No. 1 overall pick in the 2015 NHL draft joined Oilers teammates Taylor Hall and Darnell Nurse on Monday at a practice for a pre-season mini-tournament in midtown Toronto.

It was the first time future linemates Hall and McDavid skated together, and the young centre's skills were immediately apparent to the Edmonton left-winger.

"He's got a lot of foot speed," said Hall. "He seems to glide faster than most guys skate in full speed. It's fun to be out here with him. Fun to hang around him and hopefully make him feel more comfortable for what he's got in store."

McDavid was taken first overall by the Oilers on June 26 after dominating the Ontario Hockey League. He scored 44 goals and added 76 assists during the regular season for the Erie Otters despite missing time with a broken hand. McDavid was even better in the playoffs, averaging more than two points a game with 21 goals and 28 assists in 20 games.

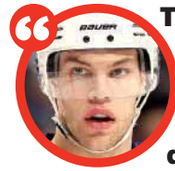
Like Hall, McDavid was impressed by his new teammate's speed.

"It's very exciting to play with him," McDavid said. "Obviously, he's a great player and I got a better sense of how fast he is. You watch him on TV but it's a whole different story live."

Although Hall was the top selection at the 2010 NHL draft, he says there's no comparing his experience with that of the highly touted McDavid.

"He's been through so much already with all the hype that he's had to endure," said Hall. "I wasn't anywhere close to that. I was the first overall pick but at the same time it wasn't anything like what Connor's experiencing.

"Our job in Edmonton is not only to play well with him but make sure he's comfortable because that's going to allow him to play his best."



"The one thing about Edmonton is we've always had some pretty good forward depth ... With Connor coming in that doesn't change." Taylor Hall

McDavid will have a familiar face on the Oilers in Nurse, a former junior rival.

Nurse and McDavid often tangled with each other in the OHL. Nurse, a defenceman with the Sault Ste. Marie Greyhounds, had a physical Western Conference final against McDavid's Otters, with Erie eventually winning in six games.

That old animosity has already been set aside this summer, with the defenceman and centre hitting it off at the pre-season tournament.

"We were sitting beside each other in the room in there and we were laughing and having good times," said Nurse. "It's a lot more fun than going into a corner and trying to cross-check him and run him through the boards."

THE CANADIAN PRESS

Mississippi QB Ryan Buchanan uses a virtual reality headset to make football play decisions. Ole Miss is one of a growing number of football programs in the NCAA and NFL dabbling in virtual reality technology ROGELIO V SOLIS/THE ASSOCIATED PRESS

NCAA & NFL

Popularity of virtual reality training on rise

Mississippi quarterback Ryan Buchanan straps on a headset that covers his eyes, and instantly, he sees a scene that looks like a video game, all set from his perspective.

In about a minute, he runs through a handful of plays, checking his receivers, deciphering defensive coverages and making split-second decisions about where to throw the football.

And just like that, practice is over. "I felt like I was in the future putting this thing on — something that you would see on TV shows," Buchanan said with a wide grin.

Getting a few "mental reps" has never been easier at Ole Miss: The Rebels are one of a growing number of football programs in the NCAA and NFL dabbling in virtual reality technology to help supplement work on the field.

Buchanan is one of three Ole Miss quarterbacks fighting for the starting job this fall. Part of their off-season regimen has been 10 tests on the simulator that include 20 plays each.

When it's time for the test, Buchanan can look around just like in real life, with a complete 360-degree field of vision. He hears the play call from a coach or another player and then checks the formation and reads the defence pre-snap.

"I felt like I was in the future putting this thing on."
Mississippi QB Ryan Buchanan

After the ball is snapped, he watches how the defence reacts and then turns his head to the player he wants to receive the ball.

If it's the right choice, the ball flies through the air and connects with the receiver. If not, the simulator informs the QB a wrong decision has been made.

Ole Miss is using a program developed by EON Sports, which is a subsidiary of EON Reality based in California. UCLA, Kansas, the Tampa Bay Buccaneers and about 100 high schools are among EON's clients.

Brendan Reilly — the company's 28-year-old CEO — says interest has been high.

THE ASSOCIATED PRESS

Refs go Reds' way at Anfield opener

PREMIER LEAGUE

Benteke boosts lucky Liverpool over Bournemouth

Christian Benteke scored his first Premier League goal for Liverpool on Monday to give his new team a 1-0 win over promoted Bournemouth in a game that was marked by two disputed refereeing decisions.

Benteke met a cross at the far post for an easy tap-in in the 26th minute, although the goal was questionable as Philippe Coutinho had tried to reach the ball first from what was a clear offside position.

Benteke was bought from Aston Villa in the off-season to provide more of a presence up front for Liverpool. The Belgium striker also hit the bar from close range in the 90th minute.

"It's a good debut for myself and for the team," Benteke said. "It's a great feeling, it's important for the confidence."

Bournemouth fell to its second straight 1-0 loss to start the season after having an early goal ruled out, when Tommy Elphick was adjudged to have fouled Dejan Lovren before heading the ball into the net.

"For me it's a goal," said Bournemouth manager Eddie Howe. "He's competing and wrestling, but if that's a free kick we're going to be seeing a free kick given every time there's a corner."

The Liverpool goal, meanwhile, was allowed to stand despite Coutinho seemingly interfering with play from an offside position. Jordan Henderson swung in a cross from the left and Coutinho tried to get his foot on the ball but missed — freezing goalkeeper Artur Boruc and leaving Benteke free at the far post to tap into an empty net.

Under new rules implemented for this season, players can be flagged for interfering with play even if they don't touch the ball. THE ASSOCIATED PRESS

Christian Benteke has 43 goals in 90 matches after scoring the lone goal Monday. CLINT HUGHES/THE ASSOCIATED PRESS

For me it's a goal. Cherries manager Eddie Howe on Tommy Elphick's disallowed header from an early corner kick.

SUPER CUP BILBAO TOPPLE SPANISH GIANTS Athletic Bilbao's Gorka Elustondo muscles Lionel Messi off the ball during the second leg of the Spanish Super Cup at the Camp Nou in Barcelona on Monday. Bilbao ended a 31-year trophy drought with a 1-1 draw to win 5-1 on aggregate. EMILIO MORENATTI/THE ASSOCIATED PRESS

IN BRIEF

Turkish runner loses gold

Olympic champion Asli Cakir Alptekin has agreed to give up her 1,500-metre title and serve an eight-year ban for blood doping, dealing another blow to track and field.

A settlement by the Turkish runner and the IAAF was announced by the Court of Arbitration for Sport on Monday.

THE ASSOCIATED PRESS

Air Jordan still in different stratosphere, expert says

An expert in sports economics says Michael Jordan's endorsement income has grown and still eclipses that of current NBA players, including LeBron James.

Smith College economist Andrew Zimbalist says Jordan's endorsement income was $75.5 million in 2012.

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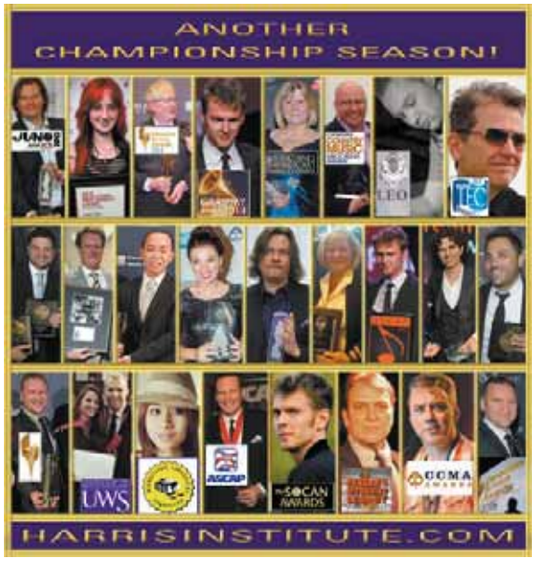

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Ready in
Prep time: 15 minutes
Cook time: 13 minutes

Ingredients
- 12 won ton wrappers
- 1 1/2 cups diced cooked chicken breast or thigh (leftover or rotisserie)
- 1/3 cup medium or hot salsa
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro
- 1/2 cup grated Monterey Jack cheese or Old Cheddar
- 1/4 cup diced avocado
- 1/4 cup diced tomato

Directions

1. Preheat oven to 350 F. Place won ton wrappers in 12 mini-muffin cup pan. Spray with vegetable oil, bake for eight minutes or until lightly browned.

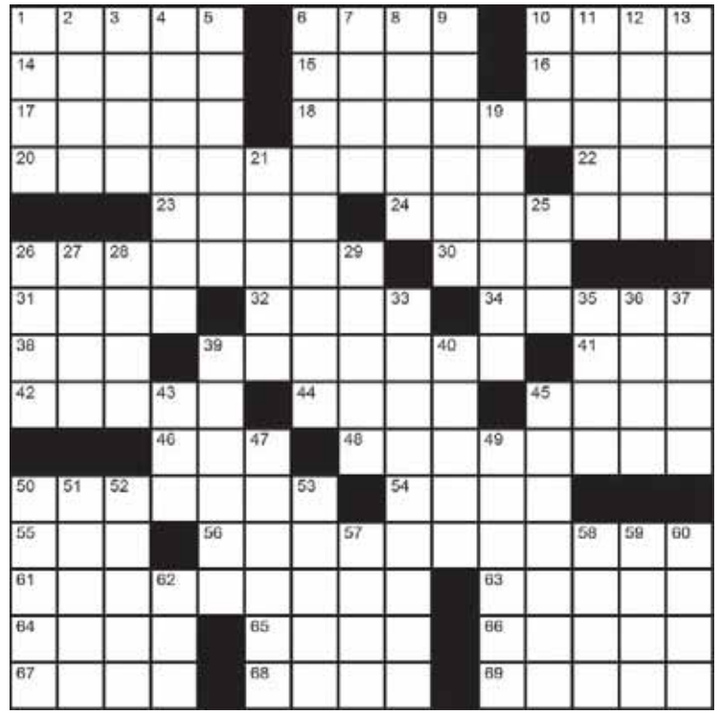
2. In a mixing bowl, add chicken, salsa, green onions and cilantro. Fill won ton cups with chicken mixture. Divide cheese over top. Bake for another five minutes. Garnish with avocado and tomato.

Nutrition per serving
- Calories 68
- Protein 6 g
- Carbohydrates 5 g
- Fibre 0 g
- Total fat 2 g
- Saturated fat 0 g
- Cholesterol 14 mg
- Sodium 166 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. 8th Greek letter
6. Newspaper piece
10. Some slitherers
14. Got word
15. __ Strauss & Co.
16. Country legend Mr. Atkins
17. Boo-boo
18. 'No jeans' policy: 2 wds.
20. Quebec's provincial tree: 2 wds.
22. Mr. Tolkien
23. Faux-teller
24. University fee
26. Became less tolerable: 2 wds.
30. Patch up
31. Do as Simon says
32. John Keats creations
34. Egyptian water lily
38. __ Tin Tin
39. Super enthusiastic
41. Andy Capp's wife
42. Montreal subway
44. Cirneco dell'__ (Dog breed)
45. Bash
46. Advantages
48. Unique
50. Casablanca's locale
54. Hospital readout
55. Mr. Vigoda
56. Frightful forest in the Anne of Green Gables story: 2 wds.
61. Billowy bed blanket
63. Avant-__
64. TV producer Norman
65. Soprano's solo song
66. Saskatchewan village between Regina and Saskatoon
67. Spot
68. Church's sounder
69. Overbrims

DOWN
1. 1970 Carpenters hit: "(__ Long to Be) Close to You"
2. Roll call response
3. "My Name Is __"
4. Streetcar
5. Skillful
6. Celebrating 60 Years... Nickname of the Angus L. Macdonald that spans Halifax Harbour: 2 wds.
7. Actress Ms. Gilpin
8. Tennis ace, Chris __
9. __ Throw (Decathlon event)
10. T.O. Raptors home venue
11. Screen in Japanese decor
12. Peter, in Spain
13. Shock jock Howard
19. Canadian __ (Region of rocks)
21. Kind of mackerel, shrub or joyful shout
25. Deuce
26. Earth crawler
27. Off-Broadway theatrical award
28. Monthly apartment money
29. Mr. Gingrich's
33. Left-handed
35. Non-stick pan brand
36. Uma's role in "The Producers" (2005)
37. Glide
39. Boss
40. *NSYNC-er Mr. Bass
43. Duran Duran hit
45. Boat's upper edging
47. Sacred beetle
49. Techie device
50. Twin-crystal
51. Some instruments
52. Do cartography work again
53. Eccentric
57. Actor, __ Patrick Harris
58. "Be Quick __ __ Dead" by Iron Maiden
59. Lamar who married Khloe Kardashian in 2009
60. Mountain __ (Some soft drinks)
62. Cook with a pan

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try not to be so open about your plans. Do you really need to tell everyone what you intend to do? Keep your aims and ambitions to yourself.

Taurus April 21 - May 21
Jupiter in the most creative area of your chart makes it easy for you to think big but some of your ideas may be a bit out of touch with reality. Limit yourself to just thinking. Doing could be costly!

Gemini May 22 - June 21
No matter how many great ideas you have, what's the point unless you actually do something with them? Do something special, something that gets you noticed.

Cancer June 22 - July 23
Something remarkable will happen and you must be ready. It is tailor-made to meet your needs, so prepare yourself to move fast when the time comes to act.

Leo July 24 - Aug. 23
Take extra care today, especially when socializing, travelling and taking part in artistic activities. Be confident and enthusiastic but don't believe that nothing can go wrong because that's when it will!

Virgo Aug. 24 - Sept. 23
Some people may not approve of what you do, but why care? Your confidence is high and you won't hesitate to ruffle a few feathers if that's what it takes to get noticed.

Libra Sept. 24 - Oct. 23
If something positive happens today, it could have a negative side to it as well. And if something bad happens it could also be positive in some way. Take it all in your stride.

Scorpio Oct. 24 - Nov. 22
Think deeply about things you have taken for granted up until now. It will force you to realize that you don't live in a vacuum — what you do in your life touches others as well.

Sagittarius Nov. 23 - Dec. 21
If you want to bring something new into your life you will have to get rid of something old. That is the message of the stars today and if you follow it there is no limit to what you can accomplish.

Capricorn Dec. 22 - Jan. 20
If you cut corners today you will have to pay for it in some way. You may think you can get away with anything but don't be so sure. Play safe and play by the rules.

Aquarius Jan. 21 - Feb. 19
Everything you say and do affects the world around you and if you bear that thought in mind today you will influence events far beyond your immediate environment. Whether that is for "good" or for "bad" remains to be seen.

Pisces Feb. 20 - March 20
You cannot go back and change the past. The only thing that matters now is what happens next and that is entirely within your control. Be positive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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